



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Beef Taco</b> Cilantro Lime Rice Fiesta Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits	<b>4</b> <b>Savory Chicken Thigh</b> Scalloped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Orange	<b>5</b> <b>Chef Salad</b> Saltine Crackers Fresh Fruit Ranch Salad Dressing	<b>6</b> <b>Pork Stir Fry</b> Brown Rice Ginger Carrots Pineapple Tidbits Fortune Cookie	<b>7</b> <b>Turkey Spaghetti Sauce</b> Whole Grain Spaghetti Harvard Beets Spiced Mixed Fruit Pudding
<b>10</b> <b>Chicken Pot Pie</b> w/ Whole Grain Biscuit Whipped Potatoes Green Beans	<b>11</b> <b>Turkey Sausage</b> over Red Beans Brown Rice Mixed Vegetables Pineapple Tidbits	<b>12</b> <b>Minestrone Soup</b> Chicken Salad Lettuce & Tomato Coleslaw Whole Wheat Bread Tropical Fruit	<b>13</b> <b>Sloppy Joe</b> Oven Roasted Potatoes Winter Vegetables W.W. Hamburger Bun Mixed Fruit	<b>14 Valentine's Day</b> <b>Spinach Lasagna Bake</b> Parslied Carrots Brussels Sprouts Whole Wheat Bread Fresh Fruit Strawberry Shortcake
<b>17 Presidents Day</b> <b>HOLIDAY</b> Closed for the Holiday	<b>18</b> <b>Oven Fried Chicken</b> Whipped Potatoes Sliced Carrots Mixed Fruit	<b>19</b> <b>Garden Turkey Salad</b> Saltine Crackers Fresh Fruit Ranch Salad Dressing	<b>20</b> <b>Hamburger Patty</b> Lettuce, Tomato, Pickle, Onion Oven Roasted Potatoes Hamburger Bun Hot Mixed Fruit	<b>21 BIRTHDAY PARTY</b> <b>BBQ Chicken Breast</b> Whole Grain Pasta Salad Green Beans Hot Pineapple Tidbits Pudding
<b>24</b> <b>Turkey Divan</b> Whipped Potatoes Sliced Carrots Whole Wheat Bread	<b>25</b> <b>Grilled Pork w/</b> Pineapple Sauce Delmonico Potatoes Glazed Beets Whole Wheat Bread Fresh Fruit	<b>26</b> <b>Cream of Tomato Soup</b> Tuna Salad Lettuce & Tomato Three Bean Salad Whole Wheat Bread Tropical Fruit	<b>27</b> <b>Citrus Pepper Salmon</b> Brown Rice Corn & Lima Beans Fresh Fruit	<b>28</b> <b>Chicken Alfredo</b> Whole Grain Spaghetti Green Peas Pineapple Tidbits Cookie

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

**For Information, Please CALL 337-1425 - If we are unable to answer, please leave us a message.**

Meals are served at 11:30 am - Suggested Senior Donation 60+ \$3.00 - Non-Senior fee is \$6.00

No eligible person shall be denied a meal because of failure or inability to contribute. \*\* Menu Subject to Change without Notice \*\*

Food allergy warning: please be advised that the food served here may contain any of these ingredients: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish & shellfish